

# WELCOME



# ABOARD !

# MWSS-274

# Welcome Aboard

**Commanding Officer**

LtCol Sean R Walsh

**Executive Officer**

Maj Nicholas Turner

**Sergeant Major**

SgtMaj Shay Henry

**Family Readiness Officer**

Laura Ference

Those who can do, those who can do more volunteer—  
author unknown

## Volunteer Opportunities

There are so many ways to get involved in the community that you are now a part of! Each week there is an "All Hands" email is sent out with a list of current opportunities where volunteers are needed! People volunteer for a wide variety of reasons, especially wanting to help others. However, volunteering is also a way to help yourself!

Some people are uncomfortable with the notion that a volunteer "benefits" from doing volunteer work. The best volunteering does involve the desire to serve others, but this does not exclude other motivations, as well. Instead of considering volunteering as something you do **for** people who are not as fortunate as yourself, begin to think of it as an **exchange**.

Consider that most people find themselves in need at some point in their lives. So today you may be the person with the ability to help, but tomorrow you may be the recipient of someone else's volunteer effort. Adding your effort to the work of others makes everyone's lives better.

Local Agencies that rely on volunteers.

- Single Marine Programs—252-466-2037
- School Liaison Program (includes local schools)—252-466-7648
- Habitat for Humanity—Craven County—252-633-5512
- Habitat for Humanity—Carteret County—252-223-2111
- Youth Sports—252-466-5493
- Marine Corps Family Team Building—252-466-4637
- Local Fire Departments—252-447-2700 or 252-444-5284
- New Bern Civic Center—252-634-9057
- Humane Society—252-247-7744
- Boys & Girls Club—252-444-5437
- Havelock Recreation Center—252-444-6429

*Reasons to volunteer: it's fun, resume enhancement, academic credit, make friends, share a skill,, or learn a new skill, to keep busy, and to make a difference!*

Keep in mind though that volunteers must be volunteers (Nobody can, or should, tell you to participate. While service members from the same unit may personally decide to participate together, no one in the unit's chain of command may direct such participation.) Volunteers must be on authorized liberty (Involvement in this activity needs to be on your personal time; not when you are in an official duty status. Similarly, military uniforms, and government materials and equipment intended for official use only, may not be used during your involvement in such events.)



### PHONE DIRECTORY

#### MCCS COORDINATORS



Sandra Zimmerman (NHC, 274, 271, Dental) 466-4846

#### DINING

19TH Hole 466-9306  
Catering 466-9067  
Crow's Nest 466-9147  
Five Guys Burgers & Fries 444-2500  
McDonald's 444-2269  
New City Deli 466-9328  
Roadhouse Bar 466-7356  
Roadhouse Grill 466-5555  
Subway 444-1864  
Wings Restaurant 466-9224  
Rice King 444-2505  
Library Café 466-9553

#### FAMILY TEAM BUILDING

Family Readiness Training 466-4637  
L.I.N.K.S. 466-5588

#### MARINE & FAMILY PROGRAMS

Cherry Tree House/Youth Activities 466-3861  
Child Development Center 466-3595  
Counseling-Personal/Marital 466-3264  
Employment Assistance 466-4201  
Exceptional Family Member Assistance 466-4201  
Family Advocacy 466-3264  
Family Child Care 466-4867  
Financial Management 466-4201  
Library 466-3552  
New Parent Support 466-3651  
Relocation Assistance 466-4201  
Retired Activities 466-5548  
Substance Abuse Counseling 466-7568  
Teen/Tween Center 466-4831  
Transition Assistance 466-4201  
Victim Advocacy (24/7) 665-4713

Be sure to visit our MCCS website at  
[www.mccsherry.com](http://www.mccsherry.com). Join us on Facebook!

#### EDUCATION

Education Office 466-3500  
Colleges & Universities  
Boston University 466-2491  
Craven Community College 466-5020/444-6000  
Park University 466-2655  
Southern Illinois University 466-2779

#### RECREATIONAL FUN

Crystal Coast Travel & Leisure 466-2197/2172  
Golf Course & Pro Shop 466-3044  
Outdoor Connection 466-4058  
Pelican Point Marina 466-2762  
Roadhouse Recreation Center 466-3027  
Twin Rivers Theater/Event Center 466-3850  
Theater (Movie Line) 466-3884

#### RETAIL

7-Day Troop Store 463-1693  
Auto Care Center 670-1995  
Auto Skills Center 466-2352  
American Clippers (Near MCX) 444-1835  
American Clippers (Near 7-Day) 444-4002  
Convenience Store 463-1626  
Cowell's Dry Cleaner 447-2130  
GNC 444-3107  
Hammond's Plaque Shop 444-1288  
Main Exchange 447-7041  
Marine Mart 463-1639  
Massage Therapy 444-0829  
Military Clothing Store 463-1608/1623  
Package Store 463-1638  
Safety Store 466-9063

#### SEMPER FIT

Aquatics 466-2510  
Cedar Creek Pool 466-2277  
Hancock Pool 466-2168  
Athletics Department 466-2390  
Devil Dog Gym 466-2713  
Hancock Fitness Center 466-4018  
Health Promotions 466-6467/7201

Marine Dome 466-2566  
Semper Fit Department 466-4232  
Single Marine Program (SMP) 466-3027

#### CLUBS

Roadhouse Rec Center/SMP 466-3027  
Roadhouse Bar 466-7356  
Roadhouse Grill 466-5555  
Miller's Landing 466-9067  
Cunningham Lounge/Rocker's 466-9067  
Wings Grill and Bar 466-9132

# Quick Reference

Organization	Address or website	Phone Number
MWSS-274	Bldg 4344	252-466-2719
FRO—Laura Ference	Laura.ference@usmc.mil	252-466-5082
Education Office	T&E Bldg. 4335 on “C” Street <a href="http://www.cherrypoint.marines.mil/StaffOffices/MilitaryHousingOffice.aspx">http://www.cherrypoint.marines.mil/StaffOffices/MilitaryHousingOffice.aspx</a>	252-466-3500
Cherry Point Housing		252-466-3602
L.I.N.K.S.	Bldg. 232 Cherry Point, NC	252-466-4637
Station Chaplain	Bldg. 100	252-466-4000
Chaplain Duty	PMO 24 Hour Number	252-229-7248
Semper Fit	<a href="http://mccscherrypoint.com/semper-fit/">http://mccscherrypoint.com/semper-fit/</a>	252-466-4420
Military OneSource	<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a> <a href="http://mccscherrypoint.com/programs/personal-professional-development/library/">http://mccscherrypoint.com/programs/personal-professional-development/library/</a>	800-342-9647
Marine Warrior Library		252-466-3552
Naval Health Clinic	<a href="http://cpoint-www.med.navy.mil/">http://cpoint-www.med.navy.mil/</a> <a href="http://mccscherrypoint.com/programs/family-care/school-liaison/">http://mccscherrypoint.com/programs/family-care/school-liaison/</a>	252-466-0921
School Liaison		252-466-7648
MWSS-274	<a href="http://www.mag29.marines.mil/">http://www.mag29.marines.mil/</a>	

## Other Resources

Child Care Registration Resource and Referral	252-466-5605
Hourly Child Care Reservations (1yr-12yrs)	252-466-3783/3782
Cherry Tree House (school age childcare)	252-466-3861
Marine & Family Services	252-466-4401
Navy-Marine Corps Relief Society	252-466-2031
Legal Office	252-466-2361
PMO	252-466-3615
Destructive Weather	252-466-3093

Websites—

<http://www.mag29.marines.mil/>

Facebook— <https://www.facebook.com/mwss274ironmen>

## Family Readiness Module in MOL

With the Marine Online Mass Communication Tool, the Command Team can communicate electronically and simultaneously from a single location to the Marines and families of the unit. This allows the Family Readiness Officer to send out accurate, reliable, and official information to the family of Marines assigned to a unit in a rapid manner.

Information you can expect to receive via this tool includes:

- Official communications from the Commanding Officer via the Family Readiness Officer
- Information regarding unit family readiness and morale support events (Briefs, Family Days, L.I.N.K.S. sessions)
- Information regarding unit specific training and education opportunities.

Information you will NOT receive via this tool:

- We will not use this tool for “spam” such as sales at the exchange, movie theater schedules, and special events flyers for happenings in town or by MCCS.
- **No classified or casualty information will ever be distributed via this tool.**

All Marines whether single or Married need to update their information and add at least one contact. The link to the Family Readiness Module is located under the Personal Tab in MOL. When sending out emails using this module, Marines and families will receive an email from a “noreply@usmc.mil” email address. Please keep in mind that this is coming from the MWSS-274 Family Readiness Officer.

## Welcome Aboard Brief

### Spouses are Encouraged to Attend! 0900-1100

The Welcome Aboard Brief is held the 3<sup>rd</sup> Wed of each month from 0900-1100 at Miller’s Landing. Attendees must be at the Station Theater NLT 0845 as the brief begins promptly at 0900. Marine’s must be in the uniform of the day (no flight suits) and you need to bring a pen or pencil. Spouse and Civilians employees new to the area are also welcome to attend! Please register by close of business of the Friday prior to the WAB. To register, call at 466-4637/7795.

### 2018 Welcome Aboard Dates

17 January	18 July
21 February	15 August
22 March	19 September
18 April	17 October
16 May	14 November
20 June	

# Marine Warrior Library

The Cherry Point Library is one of the best libraries in the entire Marine Corps. The library provides a multitude of services including: Wi-Fi, e-readers, e-books, ipads, computer lab, photocopies, faxing, an online library catalog, college course help, and much more! Some of the online search engines available through the library can even be accessed from the comfort of your own room. Visit <http://mccscherrypoint.com/programs/personal-professional-development/library/> to learn more!

**Hours Of Operation:**  
**Mon-Fri : 9:00am-7:00pm**  
**Sat-Sun: 12:00pm - 5:00pm**

## Outdoor Connection

### Why buy when you can rent?

Party items: tables, chairs, canopies, ice chest, pig cookers, and much more.  
Camping equipment: tent, fishing pole, stove, mini grill, heater, canoe/kayak, and much more.

Lawn, home & garden equipment:  
dolly, extension cord, ladder, hedge clipper, lawn mower, generator, and much more. Moonwalks, games, balls and more. Campers, Refill propane Vehicle sales lot.

Call **466-4058** to reserve your items!  
For a complete list visit  
<http://mccscherrypoint.com/recreation-entertainment/rentals/>

**Hours of operation:**  
Mon-Thurs-Fri & Sat 8:00 am - 5:00 pm  
Tuesdays Closed  
Wednesday 8:00am - noon  
Sunday 8:00am-2:00pm  
**Last check in /out 4pm**  
**Closed Federal Holidays**

## Auto Skilz Center

The Auto Skilz facility is a state of the art DIY, 64 bay automotive center available for you to work on your cars, trucks, motorcycles and more. ASE certified technicians are available at all times to help guide you through a variety of mechanical repairs, such as oil changes, tire balance/rotations, brake replacements, or even rebuild your entire engine. A full line of OEM or specialty performance parts are available. Not just for cars anymore – we have new motorcycle lifts and specialty tools for all your street and off-road bike repairs. We also offer oil change services for spouses of our deployed Marines.

For more information or prices call 466-2352 or visit <http://mccscherrypoint.com/recreation-entertainment/autoskilz/>

### Hours:

Located in building 4652, Onslow Road off of Roosevelt Blvd  
252-466-2352  
New Hours: Monday: 1100-1900  
Thursday & Friday: 1100-2000 Saturday & Sunday 1000-1900

## Military & Family Life Consultant Program

Military & Family Life Consultants (MFLC) aboard Cherry Point provide short term, situational, problem-solving services to Service Members and their families. Non-medical counseling services are offered in anger management, communication relationship issues, parenting, conflict resolution, deployment stress, coping skills, building resiliency, relocation adjustment, loss & grief and more. Services can be provided on or off military installations to individuals, couples, families or groups. MFLCs are mandated reporters of child abuse, domestic abuse and duty-to-warn situations, otherwise, all services are confidential and private and NO records are kept. MWSS-274 has one embedded MFLC (Kathy Swanzey) she handles MWSS-274 and MWHS-2 she can be reached at (919) 750-1473 contact the MFLC to schedule an appointment.



The Marine Corps DSTRESS Line is a 24/7, anonymous phone and chat counseling service with a 'Marine-to-Marine' approach. The call center is staffed with veteran Marines, former FMF Corpsmen, Marine Corps family members, and licensed clinicians with specific training in Marine Corps culture. The DSTRESS Line is a behavioral health counseling service that gives Marines, attached Sailors, and family members a place to call and speak with "one of their own." It's a place to call and talk anonymously about stress in our lives—from the common everyday stressors to post-traumatic stress to life-threatening crises. It's non-medical. DSTRESS Line counselors won't diagnose symptoms, but they will work with callers to help with a way forward.

**1.800.476.7734**



## MILITARY ONESOURCE For Marines and their Families!

**1-800-342-9647 24/7**

<http://www.militaryonesource.mil>



### What Can

### Military OneSource Do For You?

- Career
- Education
- 24/7 Helpline
- Blogs/Troop Tube
- Plan My Move
- Military Life and Deployment
- Health & Relationships
- Family & Recreation
- Financial & Legal
- Crisis
- And MUCH MORE!





The core values of the United States Marine Corps - **HONOR, COURAGE and COMMITMENT** - are demonstrated wherever Marines are engaged. They are bound together by the pledge to "take care of their own". The same holds true for the dedicated service of Marine families who empower themselves and each other in order to support family readiness, whereby positively impacting overall mission readiness. The program **L.I.N.K.S.** is part of ensuring mission readiness.

Becoming part of the Marine Corps family can be difficult when there is no one to show you the ropes. Let **Lifestyle, Insights, Networking, Knowledge, & Skills (L.I.N.K.S.)** be one way to welcome you to this unique, sometimes challenging, and very rewarding Military Lifestyle. **L.I.N.K.S.** is an orientation to "the Corps" through spouse to spouse mentorship and small group discussion. The program utilizes a partnership of volunteer spouses, Marine Corps Family Team Building (MCFTB) staff, Marine Corps Career Retention Specialists, Family Readiness Officers, and Chaplains. Experienced volunteer spouses, called Mentors, have dedicated themselves to welcoming you into this new lifestyle, and are excited to share their own experiences with you. The climate is informal, with a nurturing structure and format. Participants receive real life tips, information on Marine Corps culture and benefits, as well as available resources that will enable participants to help themselves.

Whether you've been a part of the Marine Corps for 2 months or 20 years, new discoveries and knowledge will be acquired. The **L.I.N.K.S.** class offers the opportunity to get to network!  
**L.I.N.K.S.** covers:

- Benefits and services that can be found on the base
- Information on moving in the military
- Pay benefits
- Financial management tips, to include LES information
- Deployment/Separation Issues
- Career options and progression in the Marine Corps
- Chaplain services
- How to get along with others
- How to keep in touch with your families
- And Much More!

**L.I.N.K.S.** is  
 offered  
 for  
**SPOUSES  
 MARINES  
 KIDS  
 TEENS  
 PARENTS**

## Naval Health Clinic

### Important Phone Numbers to Remember:

Emergencies or Ambulance Service	911
Information/Quarterdeck	252-466-0266
Appointment Line	252-466-0921
TRICARE	877-TRI-CARE (874-2273)
United Concordia	844-653-4061
Sign up online today for Relay Health. This is a great tool to be able to communicate with your PCM. Visit: <a href="http://www.med.navy.mil/sites/cpoint/Patients/Pages/MedicalHome.aspx">http://www.med.navy.mil/sites/cpoint/Patients/Pages/MedicalHome.aspx</a> to learn more!	

## Two Rivers Theater

- Concessions
  - Debit & Credit Cards Accepted
  - Private Marine Events
  - Concerts & Plays
  - Two Crying Rooms for Parents with Babies
- <http://mccscherrypoint.com/recreation-entertainment/two-rivers/>

252-466-3850 for Event Info  
 252-466-3884 Movie Line  
 Wed & Thurs \$3  
 Fri, Sat, Sun,  
 Matinee movies only Adults \$4  
 Kids 4-12 \$3 Every movie after Matinee  
 \$5 For everyone

## Education Information

Whether you want to enroll in vocational or technical school, get your associate, bachelor, graduate, or postgraduate degree, Personal and Professional Development can get you there. Their mission is to enrich the quality of the entire military community by providing you with a broad range of high-quality personal and professional learning opportunities.

PP&D 252-466-4201  
 Education 252-466-3500  
 Tuition Assistance 252-466-3500  
 Colleges and Universities 252-466-3500  
 Testing 252-466-3500  
 Career Assistance 252-466-4201  
 Transition Assistance 252-466-4201  
 Employment 252-466-4201  
 Personal Finance 252-466-4201  
 Retirement Services 252-466-5548  
 Relocation 252-466-6759  
 Information & Referral 252-466-6759  
 Hours Mon-Fri 7am-4:30pm

### NATIONAL TESTING CENTER:

Military Classification Testing, DANTES Subject Standardized Testing (DSST), Certification Exams, College Entrance Exams, & Person view Credentials



MCAS Cherry Point



## Single Marine Program

The Single Marine Program is geared toward Marines 18-25 years of age, living in the barracks, including geographical bachelors, single parents, and single officers. The primary purpose of the program is to enhance the Quality of Life, and improve the morale and well-being of all single and unaccompanied Marines and Sailors stationed aboard MCAS Cherry Point by directly involving them in the planning of services. Areas of concern involve recreation, health, wellness, and community involvement.

Meetings are held the last Thursday of every month at 1430, at The Roadhouse. Meetings are open for all to attend and all MCAS commands are invited to send a representative.

### Hours of Operation:

Monday - Wednesday: 10am-10pm • Thursday-Friday: 10am-11pm, Saturday-Sunday 12:00pm-11pm Football season only ,after Supbowl Regular hours resume 4pm-11pm

Some of the activities they provide:

- Video Game Tournaments
- Poker, Cards Against Humanity
- Cigar Night
- Pool Tournaments, Pub Pong
- Volunteer Opportunities
- Basketball, Volleyball
- DJ and Karaoke
- Trivia Night
- Bible Discussion Group

- Golf Course Exclusives
- Trips
- Large Screen TV

MWSS-274 has a Single Marine Representative for each company and an information board with upcoming events is located in each building!

Phone Number For the SMP Program -252-466-3027

Website (includes event calendar) —<http://smp.mccscherrypoint.com/>

Squadron's SMP Officer is Cpl Lupher, Justin 252-466-7472

### MWSS-274 SMP Representatives:

Eng Co:

Cpl Rogers, Ezroy

AOPs Co; Cpl Keeting,

H&S Co : Cpl Hernandez, Erica

MT Co: Cpl Westerman, Abraham

Sgt Strong, Lattery



# SCHOOL LIAISON PROGRAM

MCAS Cherry Point, NC

Welcome to Cherry Point Semper Family!

For parents, the program offers assistance and support in easing the transition from one duty station to another. Ongoing support, information, resource materials, and advocacy are also available to parents of school age children.

The local schools benefit by having a direct contact person at Cherry Point who can help them understand the specific challenges military students experience and give them the necessary tools and support to help them succeed in their new academic environment.

Leafa Palmer  
School Liaison Officer  
PSC Box 8003  
Cherry Point, NC 28533-0003  
252-466-7648  
palmerla@usmc-mccs.org

The School Liaison Office is located in Bldg. 232 on the corner of "E" St and 4th Ave



# MCAS Cherry Point Base Housing

**Hours of Operation:** 0730 - 1630, Monday - Friday

**Location:** Building 298, E Street, MCAS, Cherry Point, NC 28532  
AMCC Mon - Fri 8:00am-5:00pm, closed Sat & Sun

**Phone:** Eric Ferrell 252-466-4794/Misty Hanson 252-466-3602

**For off station housing referral :** Brandee Spencer 252-466-5563/  
Tracey Green 252-466-2071

Base housing is now run by the civilian organization AMCC Housing. There are guidelines for pets, waiting lists, application forms and status, and much more which can be found on the website: <http://www.cherrypoint.marines.mil/Staff-Offices/Family-Housing-Office/> or AMCC Havelock NC website at: <http://cp.atlanticmcc.com/havelock/havelock-nc/guest-card/contact-us/1>